QA Program Learning Plan Form

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| Reem Boudali | 110007510 |
| Name | Student Number |
| 2 | NURS2532-22 |
| QA Year | Course |
| WRH Met 7N |
| Current Practice Setting |

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| Learning NeedsWhat learning needs did I identify through Practice Reflection? |  |
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| In my final assessment for clinical last semester, one area of improvement I identified was my queasiness with blood.I also want to learn more about IVs and IV solutions. |

 | Haven’t done Practice Reflection yet? Use the Practice Reflection worksheet to help you identify your strengths and learning needs. |

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| **Learning Goal #1**What do I want to learn?Which practice document does my goal relate to? |  |
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| By February 27, I will learn about the cause of queasiness and 2 methods to help combat the sensation. |

 | Need help creating a goal? Review the *Developing SMART Learning Goals* guide.Your learning goal must be based on your current practice setting and one of the College’s practice documents. |

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| **Goal #1 Activities and Timeframes**How am I going to achieve my goal? |
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| - I will read a peer-reviewed article “Fear of blood draw is associated with inflated expectations of faint and prefaint reactions to blood donation” (France & France, 2018) by February 15 - I will talk to my therapist about exposure therapy and techniques to combat queasiness by February 20- On February 27, I will give a 5-minute presentation to my peers on my findingsFrance, C. R., & France, J. L. (2018). Fear of blood draw is associated with inflated expectations of faint and prefaint reactions to blood donation. *Transfusion*, *58*(10), 2360–2364. https://doi.org/10.1111/trf.14934 |

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| **Learning Goal #2**What do I want to learn?Which practice document does my goal relate to? |  |
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| By March 23, I will learn what about the 3 main classes of IV solutions and be able to list 5 adverse effects of inserted IVs. |

 | Need help creating a goal? Review the *Developing SMART Learning Goals* guide.Your learning goal must be based on your current practice setting and one of the College’s practice documents. |

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| **Goal #2 Activities and Timeframes**How am I going to achieve my goal? |
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| - I will read a peer-reviewed article “Intravenous fluids: balancing solutions” (Hoorn, 2017)–by February 15 - I will read about Fluid, Electrolyte, and Acid-Base imbalance in Chapter 40 of Canadian Fundamentals of Nursing (Potter et al., 2018) by February 20. - On March 23, I will give a 5-minute presentation to my peers on my findingsHoorn E. J. (2017). Intravenous fluids: balancing solutions. Journal of nephrology, 30(4), 485–492. https://doi.org/10.1007/s40620-016-0363-9Potter, P., Perry, A., Stockert, P., Hall, A., Astle, B., & Duggleby, W. (2018). Canadian fundamentals of nursing (6th ed.). Toronto: Elsevier Canada. |

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| **How do my learning goals support my commitment to continuing competency?**How does my learning relate to the competencies of my practice? |  |
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| - Reduce my anxiety in situations that cause me queasiness- Prevent physical injuries or prepare myself in the situation I feel faint- Understand IVs and their uses better- Help me look for adverse effects of IVs such as fluid overload or infection- More confidence/comfort as a Student Nurse - Educate others on what I have learned |

 | Continue to maintain and update your Learning Plan throughout the year. |

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| **Evaluation of changes/outcomes to my practice**What did I learn?What impact has my Learning Plan had on my practice? |  |
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| * Phobias can result from traumatic experiences, survival instincts, and misunderstandings
* Phobias can be treated using therapies like CBT and exposure therapy; mind-based changes are needed
* The 3 main classes of IV fluids are:
* 5 adverse reactions of IVs that should be monitored for include infection, infiltration, pain, fluid overload, and phlebitis
* I have improved my queasiness with blood and know understand what is happening when I feel nauseous when seeing blood
* I can help other patients who also have similar fears by sharing my experience and how I improved
* I will ensure I check the order, compatibility, and rights of medication before beginning IV therapy
* I will also regularly monitor the IV site for any adverse effects
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 | You can print your Learning Plan for your records. |